

## Your March NVFS Insider

Northern Virginia Family Service <info@nvfs.org>

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International Women's Day, Strides for Stronger Families, 100 Years of Service Celebration, Top Needs



### Monthly Newsletter of Northern Virginia Family Service



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Volunteer

### March 8: International Women's Day

On International Women's Day, and everyday, we are grateful for the women leaders of NVFS. Thank you for your dedication to our mission to support and ensure that everyone, at every stage of life, maximizes their potential and fully contributes to a thriving community. Thank you for your leadership!



### Thank You for Making Our Community Stronger!

Our [Strides for Stronger Families](#) virtual movement event wrapped up on Monday with more than 8,000 minutes tracked. The funds raised will support NVFS' SERVE Campus in Manassas which addresses the immediate needs of families and individuals in crisis by offering them the stabilizing support they need to thrive.



Thank you to all the individuals and teams who participated and thank you to our sponsors, NOVEC Helps, Manassas Bull Run Kiwanis Club, and NOVEC!

**NVFS' 100 Years of Service Celebration is in Six Weeks!**

On May 3rd we'll gather to celebrate our 100 years of service in Northern Virginia and our future work together. But don't worry, there's still time to choose how you'd like to join us in making this important occasion a success!



**Sponsor the event:** Sponsor our celebration to ensure that everyone, at every stage of life, receives the support they need to thrive. Learn more and sign up at [nvfs.org/sponsor-100th](https://nvfs.org/sponsor-100th).

**Donate to the silent auction:** Do you have a favorite restaurant, sports team, gift cards, or experience that you would like to share with others? Consider donating to our silent auction. Proceeds help NVFS ensure that our neighbors get the help they need to thrive! Contact Lacy Hurst at [lhurst@nvfs.org](mailto:lhurst@nvfs.org) to donate or to learn more.

**Join us:** This year's event will be reception-style (meaning there is no seated dinner, but there will be seats available, a dynamic program, and plenty of things to explore), at [The Torpedo Factory Art Center](#) in Alexandria. We look forward to gathering with you to mark this moment and the possibilities of our work together over the next 100 years. Get a ticket today at [nvfs.org/100th-tickets](https://nvfs.org/100th-tickets).

Learn more at [nvfs.org/100th-celebration](https://nvfs.org/100th-celebration).

## A Big Thank You to NVFS' Social Workers!

March is Social Work Month, a chance to acknowledge and uplift the work of many of NVFS' employees. Our social workers are at the forefront of NVFS' work, partnering with individuals and families, often in moments of crisis, to understand their personal needs and hopes all while serving as the guide to the path we build, together, towards holistic wellbeing.



Check out our [recent blog post](#) to learn more about a few of our NVFS social work professionals and how they serve our community.



## Level-up Your Team Spirit by Volunteering!

Whether you are a group of five or twenty-five, group volunteering is a great way to build stronger teams and give back to the community. NVFS has multiple opportunities for volunteers to impact our community as a group. We are happy to work with you to find the

best activity to engage your group, whether it's a skills-based project, preparing meals at the NVFS SERVE Family Shelter, or stocking shelves at our Hunger Resource Center.

Email us at [volunteer@nvfs.org](mailto:volunteer@nvfs.org) today!

Shout out to the Capitol Street group, pictured, who recently helped us at our Clock Tower Thrift Shop.



## Top NVFS SERVE Shelter Needs

[www.nvfs.org/serve](http://www.nvfs.org/serve)

- New pillows
- Full-size body wash
- Full-size body lotion
- Full-size deoderant
- Full-size shampoo
- Full-size conditioner
- Full-size toiletries

## Top Hunger Resource Center Needs

[www.nvfs.org/hrc](http://www.nvfs.org/hrc)

- Canned vegetables
- Low sodium canned vegetables
- Canned meat
- Pasta sauce
- Pasta
- One-box meals
- Beans, canned and dry

## Top Multicultural Center Needs

[www.nvfs.org/about-nvfs/locations/multicultural-center/](http://www.nvfs.org/about-nvfs/locations/multicultural-center/)

- Cleaning sprays (kitchen, bathroom, general)
- Scrubbing pads
- Dishwashing soap (hand wash and dishwasher)
- Laundry detergent
- Shampoo & conditioner (full size)
- Bath and hand soap
- Shaving cream and disposable razors
- Toothbrushes, toothpaste, floss, mouthwash
- Body lotion
- Deodorant

- Fabric softener
  - Clothing stain remover
  - Nail clipper, files, nail brushes
  - Lip balm (like Chapstick)
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## Top Volunteer Needs

- HRC: [Food Recovery Drivers](#)
- SERVE Shelter: [Kitchen Assistant](#)
- Early Head Start, Prince William: [Classroom Assistants](#)

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